



NBRC Gym Schedule

December



NBRC will close at 1:30 on Saturday December 24th and will be closed all day Sunday December 25th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
6:00am	Open Gym 6:00-7:30	Open Gym 6:00-7:30	Open Gym 6:00-7:30	Open Gym 6:00-7:30	Open Gym 6:00-7:30	Open Gym 6:30-8:30								
6:30am														
7:00am														
7:30am	Drop-in Fit For Life 7:30-8:30	Drop-in MRT 7:45-8:45	Drop-in Fit For Life 7:30-8:30	Drop-in MRT 7:45-8:45	Drop-in Fit For Life 7:30-8:30		Open Gym							
8:00am														
8:30am	Drop-in Pickleball 8:30-10:30	Open Gym 8:30-1:00	Drop-in Pickleball 8:30-10:30	Open Gym 8:30-1:00	Drop-in Pickleball 8:30-10:30	Barbell Circuit 8:30-9:30	Drop-in CoEd Volleyball 8:30-12:30							
9:00am														
9:30am														
10:00am														
10:30am	Drop-in Fit For Life 10:30-11:30		Drop-in Fit For Life 10:30-11:30		Drop-in Fit For Life 10:30-11:30	Tennis 9:45-12:15								
11:00am														
11:30am														
12:00pm	Drop-in Adult Basketball 11:30-1:30		Drop-in Adult Basketball 11:30-1:30		Drop-in Adult Basketball 11:30-1:30	Drop-in Adult Basketball 11:30-1:30								
12:30pm														
1:00pm														
1:30pm	Open Gym 1:30-2:30	Drop-in Senior Basketball 1:00-2:30	Open Gym 1:30-5:15	Drop-in Senior Basketball 1:00-2:30	Open Gym 1:30-2:30									
2:00pm														
2:30pm														
3:00pm	All Ages Basketball 2:30-5:00	Tennis 2:45-5:00	Tennis 3:15-5:15	All Ages Basketball 2:30-5:00	All Ages Basketball 2:30-5:00	Open Gym 12:15-7:00	Open Gym 12:00-8:00							
3:30pm														
4:00pm														
4:30pm														
5:00pm														
5:30pm	Set-up	Open Gym	Set-up	Open Gym	Open Gym 5:00-7:30									
5:30pm	H.I.I.T. 5:30-6:15		H.I.I.T. 5:30-6:15											
6:00pm	Takedown		Takedown											
6:30pm	Kickball 6:30-9:30	Open Gym 6:30-9:30	Open Gym	Open Gym 6:30-9:30										
7:00pm														
7:30pm			Drop-in Adult Basketball 7:00-9:00											
8:00pm														
8:30pm														
9:00pm			Open Gym											
9:30pm														

GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-413-7260 or go to [Http://www.boulderparks-rec.org](http://www.boulderparks-rec.org)